



September 2019
Hours:
 Mon-Fri: 10am-2pm

Monday	Tuesday	Wednesday	Thursday	Friday
Connections CLOSED for  2	September IQ Music with Ellis 3	Good News Games Paws4Comfort 4	Current Events Pictionary 5	Connections at Miller Branch Library 9421 Frederick Road 6
Cranium Crunches Music with Peter Paws4Comfort 9	Puzzlers Games 10	Brain Games Bingo Paws4Comfort 11	Today in History Cat Month Trivia 12	Friday Funnies Back2School Fun Brown Bag Lunch 13
Trivia Time Bingo Paws4Comfort 16	Cranium Crunches Book Club 17	Good News Music with MaryAnn Paws4Comfort 18	Current Events Games 19	Friday Funnies Music with Ray 20
Puzzlers Music with Pet Rock Paws4Comfort 23	Brain Games BBQ Lunch/Activity with Margaret 24	Today in History Garden Club Paws4Comfort 25	Trivia Time Art for All 26	Friday Funnies Music with Tom Canopy Lunch 27
Cranium Crunches Paws4Comfort Games 30	Daily Activities: 10a.m. Arrival and Coffee Talk 11a.m. Yoga (Mon) 11a.m. Seated Exercise (Tu, W, & Th) 12p.m. Lunch 1p.m. Yoga (Fri) 			

CAREGIVER'S CORNER



Help for Caregivers and others: Did you know the **Older Americans Act** offers grants to caregivers, grandparents raising grandchildren and older adults striving to live independently?

There are two types of funding available:

1. The **National Family Caregiver Support Program** supports family caregivers who care for a loved one. In addition to a variety of educational and other supports, the program also has grant funds that can be used for a number of services and items such as in home respite care, adult day programs, personal care, transportation, medical supplies, medically deemed supportive equipment, eyeglasses, hearing aids and more. Applicants must be 60 years of age or older and the grant is limited to \$500 per grant year.
2. **Supportive Services** money is for adults aged 60+, living independently, who wish to stay that way. These funds provide up to \$500 within a grant year towards transportation services, assistance with chores, personal care and incontinence supplies.

There is an application process for both funding sources. For more information about the application process or to see whether or not you may qualify for a grant, please call or email **Earnestine Thomas**, 410-313-5969, ethomas@howardcountymd.gov. or **Kathy Wehr**, 410-313-5955, kwehr@howardcountymd.gov.

LET'S CELEBRATE OUR SEPTEMBER BIRTHDAYS



Let's celebrate September birthdays! Having a birthday this month are Connections' members Carol and Lettie. We will enjoy a delicious cake on **September 25** made by our wonderful volunteer, Gary Pon. Happy Birthday, everyone!

RTA CONTACT INFORMATION



Questions about anything bus-related? Call 1-800-270-9553. Press "3" and follow prompts.

IMPORTANT REMINDERS!



Connections will be **CLOSED** on **September 2**. We will meet at the **Miller Branch Library, 9421 Frederick Road**, on **Friday, September 6** from **10 a.m. to 2 p.m.**

Connections food policy: A morning snack and lunch are included in the daily program fee. The monthly menu is posted at the center and on the calendar each member brings home. It is also available by email upon request. If a participant has special dietary needs or does not want the lunch being served, he or she must bring a pre-packed lunch or a supplement in an insulated container with an ice pack to ensure temperature control. The center does not heat or refrigerate food members bring with them.